



West Hartford Senior Center

## Reasons to Give Thanks

**Tuesday, November 20, 2018**

**10:30am**

As we approach the Thanksgiving season, we thought it would be good to explore the topic of gratitude. Research shows that being grateful can actually make you healthier and happier. Many studies show that those who are grateful are also less depressed. Brain studies have shown a difference in those that felt grateful and expressed thanks versus those that did not.

Come learn more about the connection with giving thanks and happiness, share your thoughts on gratitude, and hear from others about their reasons to give thanks.

**Light Refreshments will be served.**

**Program is FREE.**

For more information or to register please call 860-561-7583

Co-sponsor: **Sheehan-Hilborn-Breen**

